

COMPARISON OF THE SCHOOL MEAL INITIATIVE (SMI) MENU PLANNING OPTIONS FOR LUNCH

	Traditional Meal Pattern 1994-1995 MEAL PATTERN	ENHANCED FOOD BASED MENU PLANNING (FBMP)	NUTRIENT and ASSISTED NUTRIENT STANDARD MENU PLANNING (NSMP/ANSMP)
Meat/ Meat Alternate	Grades K - 3 1 - 1½ ounces Grades 4 -12 2 ounces	Grades K - 3 1 - 1½ ounces Grades K - 6 2 ounces Grades 7 - 12 2 ounces	No requirement for any one type or amount of food.
Fruits/Vegetables	Grades K - 3 ½ cup Grades 4 -12 ¾ cup At least two different fruits and/or vegetables must be offered at every meal.	Grades K - 3 (optional) ¾ cup Grades K - 6 ¾ cup + ½ cup over a week Grades 7 - 12 1 cup At least two different fruits and/or vegetables must be offered at every meal.	No requirement for any one type or amount of food.
Grains/Breads	Grades K -12 8 servings per week Minimum of 1 serving per day.	Grades K - 3 (optional) 10 servings/week Grades K - 6 12 servings/week Grades 7 - 12 15 servings/week Minimum of 1 serving per day.	No requirement for any one type or amount of food.
Milk	8 ounces Fluid milk as a beverage.	Minimum of 1 serving per day. Same as the Traditional Meal Pattern.	Fluid milk must be offered.
Reimbursable Meals	Requirements are met if all of the meal items in the correct quantities are offered daily and weekly. Desserts, extras, condiments do not count towards a reimbursable meal, but must be documented.	Requirements are met if all of the meal items are offered daily in the correct quantities and weekly <u>and</u> at least three are served for each meal. Desserts, extras, condiments do not count towards a reimbursable meal, but must be documented. Grain-based desserts may count toward the grains/breads requirement. All foods, including desserts, extras, and condiments, count toward the nutrient content of the meal, except for foods of minimal nutritional value.	Meets the requirements if at least three menu items are offered each day and at least two menu items are served per meal. All foods, including desserts, extras, and condiments, count toward the nutrient content of the meal, except for foods of minimal nutritional value.

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Offer vs. Serve	All five required food components must be offered to students. Senior high school students and, at the discretion of the sponsor, students below senior high may be permitted to decline a maximum of any two of the five required food components.	Same as the Traditional Meal Pattern except for the grains/breads food component. The student must select a minimum of one full serving for the meal to be considered reimbursable.	Must offer a minimum of three menu items including an entree and fluid milk, and at least two menu items must be selected. One must be an entree. Students may decline no more than two menu items.
Age/Grade Groups	May use one size meal for all, more are optional.	Two required for K - 12, with K - 3 as an option.	Two required for K - 12, more are optional.
The Bottom Line 😊	Meets the Meal Pattern Requirements, the Nutrition Standards, and the Dietary Guidelines.	Meets the Meal Pattern Requirements, the Nutrient Standards, and the Dietary Guidelines.	Meets the Nutrient Standards including the Dietary Guidelines.

Reference: A Menu Planner for Healthy School Meals, USDA 1998

Breakfast Minimum required items and quantities for ages 6 and up: 1 ounce Meat/Meat Alternative, 2 cup Fruits/Vegetables/Juices, 1 serving Grains/Breads.
Requires that ¼ of the Recommended Dietary Allowances (RDA) be met.